

Arbutus Honey

ACTIVE INGREDIENTS: 0,250G Arbutus Honey

SHELF LIFE PRODUCT: Lifespan: 2-5 years - Temperature: 10-20 C degrees

VITAMIN C	4–8 mg/kg	Acts as an antioxidant, supports the immune system, aids in collagen synthesis for skin, and enhances iron absorption from plant-based foods.	80µg
B Vitamins (B1, B2, B3, B5, B6, and B9):	B2 (Riboflavin): 0.2–1 mg/kg B3 (Niacin): 0.3–1.5 mg/kg B5 (Pantothenic Acid): 0.1–1 mg/kg B6 (Pyridoxine): 0.1–0.5 mg/kg	B2: Supports energy production, cellular function, and skin health. B3: Important for energy metabolism, nervous system health, and DNA repair. B5: Vital for energy production and hormone synthesis. B6: Plays a role in amino acid metabolism, neurotransmitter synthesis, and red blood cell formation	
Potassium	200–700 mg/kg	Maintains fluid balance, nerve function, and muscle contraction	15-30mg
Calcium	5–10 mg/kg	Supports bone health, muscle function, and nerve transmission	
Magnesium	3–6 mg/kg	Involved in over 300 biochemical reactions, including energy production, muscle and nerve function, and DNA synthesis.	
Phosphorus	2–5 mg/kg	Important for bone health, energy production, and cell membrane structure	
Iron	0.3–1 mg/kg	Essential for oxygen transport in the blood, energy production, and immune function	
Zinc	0.1–0.5 mg/kg	Supports immune function, wound healing, and protein synthesis.	

Arbutus honey is particularly high in polyphenols and other bioactive compounds, contributing to its bitterness and health benefits:

- *Flavonoids: Act as antioxidants with anti-inflammatory properties, potentially helping to regulate blood sugar and support heart health.*
- *Phenolic Acids: Known for their antioxidant and anti-inflammatory effects, which help protect against oxidative stress.*
- *Arbutin: A unique compound in arbutus honey, arbutin has been studied for its potential benefits in blood sugar regulation and antioxidant effects.*

Arbutus honey is highly valued for its potential to support healthy blood sugar levels due to its low glycemic index and bioactive compounds:

- *Low Glycemic Index: Arbutus honey is digested more slowly than other types of honey, resulting in a gradual release of sugar into the bloodstream, which may help prevent blood sugar spikes.*
- *Arbutin: This compound is believed to have hypoglycemic (blood sugar-lowering) effects, making arbutus honey potentially beneficial for people with insulin sensitivity or diabetes. However, arbutus honey should still be consumed in moderation due to its natural sugar content.*